

PSYCHOLOGY

AUTOSUGGESTION

Moscow TRUD in Russian 9 Jan 86 p 3

[Article by TRUD correspondent V. Velitskiy after interview of V. Ye. Rozhnov, professor, Department of Psychotherapy and Narcology, Central Institute for Advanced Training of Physicians]

[Abstract] Self conditioning [autogennaya trenirovka] is discussed as a method for psychological and physical well-being, including development of a positive self-image and enthusiasm for achieving and maintaining good health. The stress of modern life with its machinery and other factors that promote psychosomatic ailments can, according to Professor Rozhnov, be combatted by self conditioning. It can help deal with insomnia, sensitivity to noise, light and other irritations, and even alcohol abuse and smoking. He cautions that it is not a panacea, but only an aid to help healthy people to avoid some of these disorders and sick people to deal with them and their consequences. Related concepts of psychohygiene, psychoprophylaxis and physical training for health are also discussed. Methods of autosuggestion and self-hypnosis are included in the self conditioning program. The need for confidence in the potential for results is stressed, for those who doubt the effectiveness of the program will gain nothing from it. Many self-conditioning clinics have been established at plants around the Soviet Union; as early as 1974 in the mines of the Donbas area, successful programs were in place. Other programs have been and are being established at spas and sanatoria. The importance of supervision by a physician is stressed.

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RADIATION BIOLOGY

ELECTROMAGNETIC RADIATION STANDARD

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[Synopsis of article (in English) in source]

[Text] Industry Standard Specifying the Level of UHF Irradiation. B. M. Mirzoev. -- Standarty i kachestvo, 1986, No 1.

Comments are made to the industry standard OST 54 30013-83 LSSS. UHF Electromagnetic Radiation. Maximum Permissible Level of Irradiation. Safety Requirements. One diagram.

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